

## A WHOLE FOOD, PLANT-BASED PLATE

Eating a whole food, plant-based diet early in life will help your child develop healthy habits that can help them lead a lifetime of health. The American College of Lifestyle Medicine (ACLM) recommends that you serve up a minimally processed eating plan that is predominantly fruits, vegetables, whole grains, legumes, nuts and seeds.



Drink  
Water

Fruit &  
Vegetables

Whole  
Grains

Legumes  
Nuts &  
Seeds

ADD HERBS & SPICES

Include a wide array of fiber-filled, nutrient-dense, antioxidant-rich whole plant foods at every meal. Use herbs and spices as flavor enhancers.

- **Focus on whole fruits and vegetables and eat a rainbow of color.**

**Vegetables:** Dark leafy greens (spinach, kale, arugula, etc.), broccoli, squash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery, cauliflower, cucumbers, white & sweet potatoes, green peas, cabbage, whole plant fats (avocados, olives), and more.

**Fruits:** Apples, bananas, grapes, citrus fruit, berries, peaches, pears, pineapple, kiwi, plums, watermelon, mangoes, just to name a few.

- **Drink water for hydration.**

- **Choose whole grains.**

Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, whole grain bread/tortillas/cereals/flours to name a few.

- **Eat legumes, nuts and seeds.**

**Legumes:** Peas and beans, including kidney beans, pinto beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu and tempeh.

**Nuts and seeds:** Almonds, pistachios, walnuts, cashews, pecans, peanuts, nut butters, pumpkin, sunflower, chia, flax and hemp seeds.





## Kid-Friendly Tips to Move Towards a Whole Food, Plant-Based Eating Plan

### Take your family's journey to a healthy lifestyle step-by-step.

- Identify plant-based foods your family already enjoys like apple slices or bean burritos, and serve them more often.
- Gradually introduce your family to new foods by pairing them with familiar favorites.

### Make the healthy choice the easy choice.

- Keep fresh produce in a bowl on the counter and at eye-level in the fridge so it is the first thing you and your kids reach for when wanting a snack.
- Stock your pantry with staple ingredients that can be assembled into a quick meal.

### Get your children involved.

- Allow children to pick a new fruit or vegetable to try each week.
- Start a tomato plant on the porch and have children water and take care of it.
- Assign age-appropriate kitchen tasks to everyone in the family.

### Have fun!

- Share the plate illustration with kids, and help them assemble their plate to match.
- Come up with fun, creative names for foods, like "power peas," "dinosaur tree broccoli," "x-ray vision carrots."

### Lead by example.

- All eyes are on you! If children see you trying and eating certain foods, they will be more likely to try them too.
- Turn off screens and put away electronic devices during meals to make it a calmer environment and a time to reconnect about the days activities.

*Work with a registered dietitian nutritionist or your regular health care provider to understand how to adopt a plant-predominant dietary lifestyle--one that's optimal for growing bodies that sets the course for a health-filled lifetime.*

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